

Thanksgiving Twists on Tradition

HEALTHIER HOLIDAY FOOD SWAPS

From dips to desserts, Thanksgiving (and other holiday meals) can be a challenge for our waists. Weight gain is often due to more than a single holiday meal; it is the full season of splurges that can add up to unwanted weight gain. From snacking on seasonal treats to eating fatty or high calorie leftovers for days beyond the holiday, we often allow a one-day splurge to turn into a season of indulgence.

The good news is that there are a variety of easy substitutions you can make to put healthy holiday eating within reach without sacrificing taste. Below, we've shared some food and drink substitutions, as well as ingredient substitutions that you can use to lighten up your holiday meals.

smart(er) CHOICES FOR FOOD AND DRINKS

- Replace green bean casserole with green beans.
- Serve brown rice or wild rice in place of white rice for gains in flavor and fiber.
- Swap candied yams for roasted sweet potatoes.
- Enjoy mashed cauliflower in place of mashed potatoes. (You can add some fresh herbs in place of the salt, too.)
- Substitute hummus for a flavorful dip in place of cheese dip.
- Use corn tortillas in place of flour tortillas (lighter, and provides a gluten-free option.)
- Skip the dark meat turkey and eat white meat.
- Replace chips and dip with vegetables and dip.
- Broccoli fan? Swap steamed broccoli for broccoli cheese casserole.
- Replace eggnog with cider.

EASY INGREDIENT SUBSTITUTIONS

- Reduce sodium by using garlic powder in place of salt.
- Use Greek yogurt in place of sour cream.
- Use whole wheat flour in place of white flour for more fiber, which aids in digestion.
- Use olive oil in place of butter for less saturated fat.
- Baking? Try exchanging 2 egg whites in place of 1 whole egg and use unsweetened apple sauce in place of sugar (use equal amounts).
- Substitute ground turkey or ground chicken in place of ground beef.
- Try your own homemade salad dressing by mixing vinegar or lemon juice and oil in a 2:1 ratio and flavoring with spices such as rosemary, thyme, oregano, and pepper.



Sources:
www.diet.com
www.mdanderson.org
www.everydayhealth.com

No-Bake Pumpkin Mousse Pie (Frozen)

Ingredients

- 2 cups low-fat vanilla frozen yogurt, softened
- 1 (9-inch) graham cracker crust
- 1 cup canned pumpkin
- 1/2 cup pecans or walnuts, chopped
- 1/4 cup sugar
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon salt
- 1/2 teaspoon ground ginger
- 1 carton (8 ounces) frozen reduced-fat whipped topping, thawed
- Additional pumpkin pie spice, optional

Preparation

15 min. + freezing. Makes 8 servings.

Instructions

1. Spread yogurt into crust. Freeze for 30 minutes.
2. Meanwhile, in a bowl, combine the pumpkin, sugar, pumpkin pie spice, salt and ginger. Fold in whipped topping. Spoon over frozen yogurt. Freeze for 6 hours or overnight. Remove from the freezer 20 minutes.
3. For an even lighter option, skip the crust and serve in a glass.

Nutrition Facts

1 serving: 289 calories, 10g fat (5g saturated fat), 23mg cholesterol, 293mg sodium, 41g carbohydrate (31g sugars, 1g fiber), 6g protein.

